

Off- Season Phase 5

Day 1

A Front Squat to Box at 90 Degrees

Week	Sets	Reps
1	5	6
2	5	3
3	5	3
4		1RM

Set 1	Set 2	Set 3	Set 4	Set 5

A 2 Leg Bridge w/ Band Above Knees

Week	Sets	Reps
1	3	20
2	3	20
3	3	20
4		Omit

Set 1	Set 2	Set 3

B1 DB Hip Thruster (HEAVY!!)

Week	Sets	Reps
1	3	20
2	3	20
3	3	20
4	3	20

Set 1	Set 2	Set 3

B2 Bodyweight Walking Lunge w/ Overhead Reach

Week	Sets	Reps
1	3	10/side
2	3	10/side
3	3	10/side
4	3	10/side

Set 1	Set 2	Set 3

B3 Cable Rotating Swing

Week	Sets	Reps
1	3	10/side
2	3	10/side
3	3	10/side
4	3	10/side

Set 1	Set 2	Set 3

C Broad Jump w/ Rebound

Week	Sets	Reps
1	5	3
2	5	4
3	5	5
4	5	5

Set 1	Set 2	Set 3	Set 4	Set 5

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Day 2

A1 Chin-up (use external weight if you can)

Week	Sets	Reps
1	5	3
2	5	3
3	5	3
4	1	Max BW

Set 1	Set 2	Set 3	Set 4	Set 5

A2 Rotating Side Plank

Week	Sets	Reps
1	3	8/side
2	3	10/side
3	3	12/side
4	3	15/side

Set 1	Set 2	Set 3

B1 TRX T's

Week	Sets	Reps
1	4	10
2	4	10
3	4	10
4	4	10

Set 1	Set 2	Set 3	Set 4

B2 Bear Crawl (10 yards- Forward and Backwards)

Week	Sets	Reps
1	4	F/B
2	4	F/B
3	4	F/B
4	4	F/B

Set 1	Set 2	Set 3	Set 4

C1 Farmers Walk

Week	Sets	Reps
1	5	10/side
2	5	10/side
3	5	10/side
4	5	10/side

Set 1	Set 2	Set 3	Set 4	Set 5

C2 Ab Wheel

Week	Sets	Reps
1	3	10
2	3	10
3	3	10
4	3	10

Set 1	Set 2	Set 3

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Day 3

	Week 1	Week 2	Week 3	Week 4
A Split Stance OH Flexion Throw	Weak Side 4x6	Weak Side 4x6	Weak Side 4x6	Weak Side 4x6
	Strong Side 4x6	Strong Side 4x6	Strong Side 4x6	Strong Side 4x6
B Rotating Chest Pass	Weak Side 4x6	Weak Side 4x6	Weak Side 4x6	Weak Side 4x6
	Strong Side 4x6	Strong Side 4x6	Strong Side 4x6	Strong Side 4x6
C Crowhop Rotating Chest Pass	Weak Side 4x6	Weak Side 4x6	Weak Side 4x6	Weak Side 4x6
	Strong Side 4x6	Strong Side 4x6	Strong Side 4x6	Strong Side 4x6

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Day 4

A Single Leg Triple Jump

Week	Sets	Reps
1	5	3/side
2	5	3/side
3	5	3/side
4	5	3/side

Day's Record Distance

Left Side	Right Side

B1 Trap Bar Deadlift

Week	Sets	Reps
1	6	5
2	5	5
3	5	3
4		1RM

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

B2 Quad Hip Flexor Mobilization

Week	Sets	Reps
1	3	10/side
2	3	10/side
3	3	10/side
4	3	10/side

Set 1	Set 2	Set 3

C1 Single Leg Stepdown

Week	Sets	Reps
1	3	10/side
2	3	10/side
3	3	10/side
4	3	10/side

Set 1	Set 2	Set 3

C2 Physioball Leg Curl

Week	Sets	Reps
1	3	6
2	3	8
3	3	10
4	3	12

Set 1	Set 2	Set 3

D Sled Push (10-20 yards)

Week	Sets	Reps
1	5	
2	5	
3	5	
4	5	

Set 1	Set 2	Set 3	Set 4	Set 5

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Day 5

A1 Reverse Inchworms

Week	Sets	Reps
1	3	8
2	4	8
3	5	8
4	1	max reps

Set 1	Set 2	Set 3	Set 4	Set 5

A2 Front Plank Cable Row

Week	Sets	Reps
1	3	10/side
2	3	10/side
3	3	10/side
4	3	10/side

Set 1	Set 2	Set 3

B1 TRX Inverted Row

Week	Sets	Reps
1	6	10
2	6	10
3	6	10
4	6	10

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

B2 Side Lying External Rotation

Week	Sets	Reps
1	3	6/side
2	3	6/side
3	3	6/side
4	3	6/side

Set 1	Set 2	Set 3

C1 Push-up Overhead Reach with Slider

Week	Sets	Reps
1	3	10/side
2	3	10/side
3	3	10/side
4	3	10/side

Set 1	Set 2	Set 3

C2 Incline Bench Y's

Week	Sets	Reps
1	3	10
2	3	10
3	3	10
4	3	10

Set 1	Set 2	Set 3